

Statistics Report 01236, Ice cream, soft serve, chocolate

Report Date: July 16, 2017 17:20 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	59.80	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kcal	222	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Energy	kJ	930	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Protein	g	4.10	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Total lipid (fat)	g	13.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Ash	g	0.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carbohydrate, by difference	g	22.20	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fiber, total dietary	g	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sugars, total	g	21.16	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Minerals													
Calcium, Ca	mg	131	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Iron, Fe	mg	0.21	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Magnesium, Mg	mg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phosphorus, P	mg	116	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Potassium, K	mg	177	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Sodium, Na	mg	61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Zinc, Zn	mg	0.52	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Copper, Cu	mg	0.030	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Manganese, Mn	mg	0.005	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Selenium, Se	µg	3.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamins													
Vitamin C, total ascorbic acid	mg	0.8	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Thiamin	mg	0.049	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Riboflavin	mg	0.182	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Niacin	mg	0.095	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Pantothenic acid	mg	0.506	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-6	mg	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, total	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folic acid	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, food	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Folate, DFE	µg	9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Choline, total	mg	26.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12	µg	0.50	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, RAE	µg	162	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Retinol	µg	159	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta	µg	30	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Carotene, alpha	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cryptoxanthin, beta	µg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin A, IU	IU	589	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lutein + zeaxanthin	µg	151	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E (alpha-tocopherol)	mg	0.61	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D (D2 + D3)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D3 (cholecalciferol)	µg	0.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin D	IU	29	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Vitamin K (phylloquinone)	µg	0.9	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lipids													
Fatty acids, total saturated	g	7.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
4:0	g	0.390	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
6:0	g	0.230	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
8:0	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
10:0	g	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
12:0	g	0.340	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
14:0	g	1.240	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
16:0	g	3.360	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:0	g	1.470	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total monounsaturated	g	3.490	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
16:1 undifferentiated	g	0.270	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:1 undifferentiated	g	3.220	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Fatty acids, total polyunsaturated	g	0.460	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:2 undifferentiated	g	0.280	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:3 undifferentiated	g	0.180	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cholesterol	mg	91	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Amino Acids													
Tryptophan	g	0.048	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Threonine	g	0.169	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Isoleucine	g	0.215	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.353	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Lysine	g	0.296	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Methionine	g	0.091	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Cystine	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Phenylalanine	g	0.176	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Tyrosine	g	0.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Valine	g	0.241	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Arginine	g	0.172	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Histidine	g	0.099	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Alanine	g	0.164	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Aspartic acid	g	0.300	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Glutamic acid	g	0.745	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Glycine	g	0.163	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Proline	g	0.374	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Serine	g	0.216	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2011
Caffeine	mg	2	--	--	--	--	--	--	--	--	Calculated or imputed	19114	04/2011
Theobromine	mg	69	--	--	--	--	--	--	--	--	Calculated or imputed	19114	04/2011